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a great feast on them: in other places we got the villagers to pick for us the kinds of wild leaves which they knew to be edible. 262

Unlike the Chinese and Indo-Chinese races who never milk cows, the Tibetans are very fond of milk and butter, and these we were always able to buy. But Tibetan ideas of cleanliness are such as would horrify an English dairy farmer. The wooden buckets into which they milk the cows are *never* washed or cleaned in any way, and consequently the inside of them is thickly coated with a slimy white substance, the remains of the milk of years. The result of course is that directly the milk touches the bucket it turns sour. We were only able to get fresh milk by having the cows milked into our own cooking pots, but the butter made out of the Tibetans' milk was naturally very nasty. However, one gets used to anything, and the Tibetan climate gives one a healthy appetite. We soon resigned ourselves to eating our chupatties with rancid butter and with honey that was chiefly beesmeat. 234

The principal food of the Tibetans is "tsamba," which is made by roasting barley and then grinding it into flour. The Tibetan has only to mix a little of this with tea in the basin that he always carries in the breast of his coat, and he has a meal ready at once. We tried tsamba and found it excellent; we used to make it with hot water and eat it with milk like porridge. 262

The money used in this part of Tibet is the Indian rupee. They do not care about Chinese silver, and we converted all our silver into rupees at A-tun-tzŭ. Small change does not exist: there are no four anna or two anna pieces. So the Tibetans adopt the rough and ready expedient of chopping rupees into pieces with a big knife and a hammer. Besides rupees chopped some into three pieces, and some into four pieces, we also found it convenient to carry about some of the Chinese brick tea which is the universal beverage of Tibet. Tea is so indispensable to the Tibetans that the disc shaped "bricks" will pass current everywhere, and are often preferred to silver. 436

To return to our journey, we left the Ba-t'ang road at Tsong-en, and keeping down the bank of the Chiang-ka River we slept at the village of Bo-tsa.